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ABSTRACT

The purpose of this brightly illustrated guide is to teach 7-10 year old children that all healthy Americans, 2 years of age or older, should eat in a way that is low in saturated fat and cholesterol so as to help reduce the risk of heart disease. The theme reflected throughout the manual is that changes in eating patterns help lower blood cholesterol levels and prevent heart disease in adulthood. The booklet emphasizes the following concepts: (1) things that might cause heart problems are high blood pressure, smoking, and weigning too much; (2) eat right for a healthy heart, get plenty of exercise, and do not start to smoke; (3) a healthful diet is a balanced diet which is low in saturated fat and cholesterol; (4) different foods provide different nutrients--what a balanced diet looks like; and (5) food groups to choose and food groups to decrease. Learning activities are provided for: various food groups and dairy products low in saturated fat and cholesterol; planning meals; separating the food groups in one dish meals; the importance of breakfast; planning a bag lunch; and the value of snacks. Activities are carried out through coloring, puzzles, connecting the dots, and games. (LL)

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7 to 10 Year Olds

ED 373 057

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Eating With Your Heart in Mind

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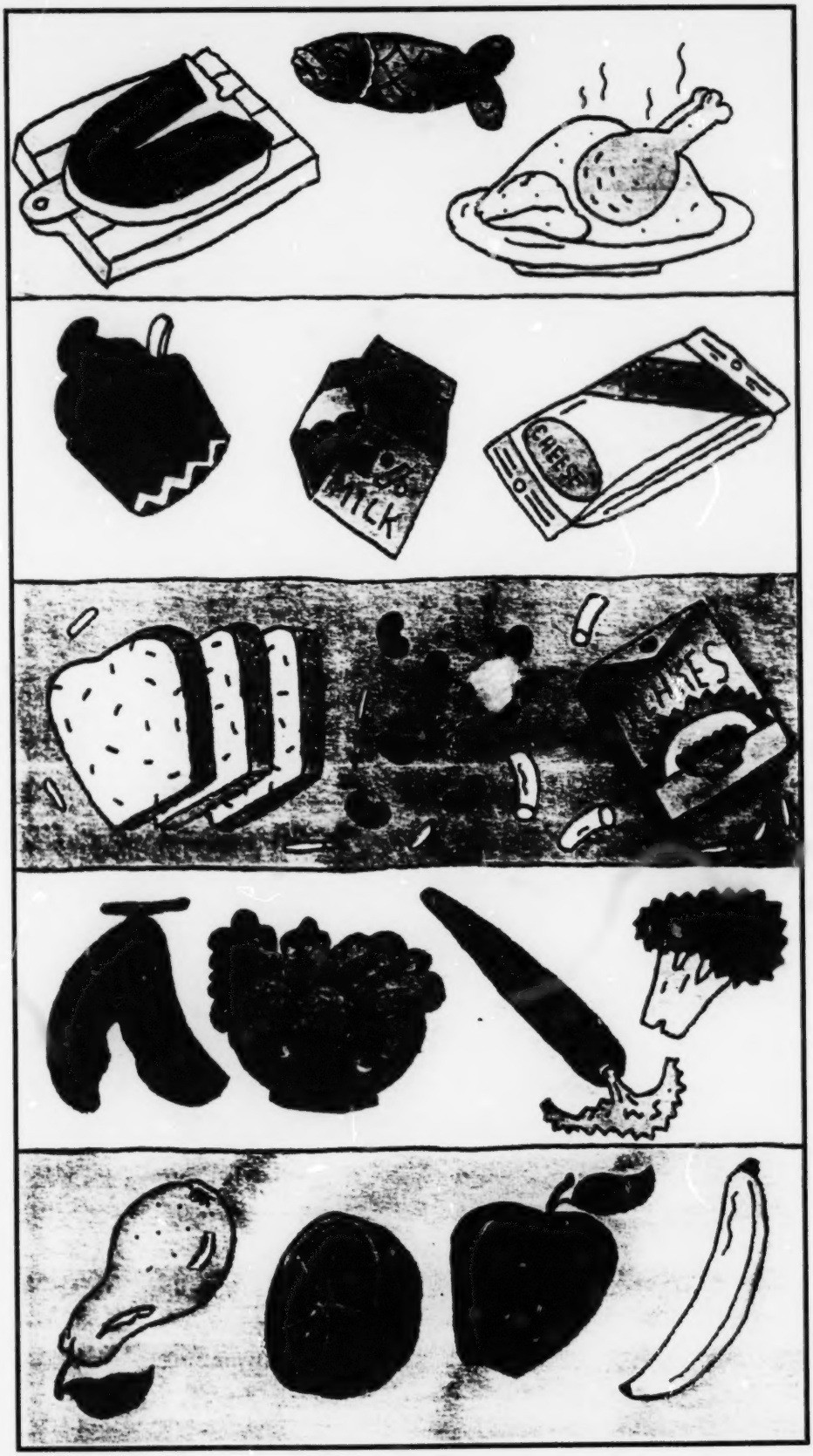


Eating with your heart in mind

Page 1

Once upon a time...

Page 2

Grandma feels great, and dad even rides bikes with me now. But last year my dad had a heart attack. My grandma had heart problems too. I never knew why they talked so much about cholesterol and eating less fatty foods.

My dad had high blood cholesterol (ko-LES-ter-al). The doctor said that is why he had a heart attack. High blood cholesterol is one of the things that might cause a heart attack. It is also something you can not see or feel. My dad never knew he had it. If he had known, he could have done something to lower it. This would have helped prevent his heart attack.

Kids our age can have high blood cholesterol too. We are too young to have a heart attack now. Later on when we grow up maybe we could. So my doctor measured my blood cholesterol. It turned out to be high, over 200 mg/dL. Of course, I was not sick. I was really pretty healthy, and I wanted to stay that way.

I learned what to do to stay healthy. I do the same things dad did to get better. At my age that is easy. Of course, I do not smoke and I never will. I eat right and get plenty of exercise. Everyone else in my family does too. Eating right and getting exercise can help keep us healthy. When you take good care of things, they last longer.

Mom makes sure we all eat right, but she lets us help. We have a lot of fun planning what to eat. We make lists and shop together. Sometimes she tries what I want. Sometimes I try what she wants. Eating right is easy now that I know what to do.

Dad makes sure we get plenty of exercise. Sometimes the whole family rides bikes or hikes together. Sometimes I play kickball with my friends. And other times I just skate by myself. I like to read and watch TV too, but I always make sure I get plenty of exercise.

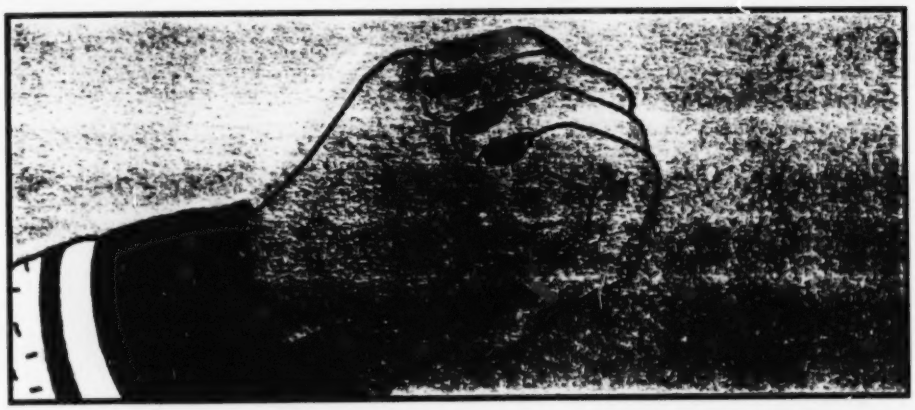
They live happily ever after...

Things that might cause heart problems are:

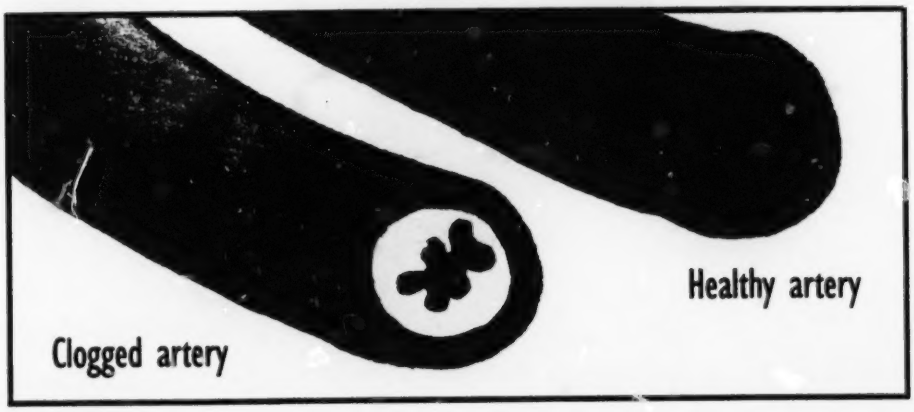
- ♥ High blood cholesterol
- ♥ High blood pressure
- ♥ Smoking
- ♥ Weighing too much

Your heart is a muscle. It is even stronger than the muscles in your legs and arms. It has to be strong because it pumps blood to all parts of your body—day and night. Blood takes food and oxygen where it is needed, even to your heart.

How big is your heart? Make a fist with one hand. Fold your other hand over it. That is about how big it is. Now try squeezing it 70 times in 1 minute. Could you keep going all day and night without stopping? That is how hard your heart works every day of your life.



Arteries are vessels like pipes that carry blood. Cholesterol is like wax that can build up inside them. After many years the arteries can become clogged. This blocks the flow of blood. If this happens in the arteries to your heart, your heart does not get enough food and oxygen. This might cause a heart attack. This is what happened to the dad in the story.



EAT RIGHT FOR A HEALTHY HEART

The foods you eat play a big part in keeping your blood cholesterol level low or high. It depends on the choices you make. Foods low in fat and cholesterol are good choices.

A type of fat, called saturated (SACH-uh-rate-id) fat, can really make your blood cholesterol go up. So can the cholesterol you eat. Cholesterol is not the same as saturated fat. A food can be low in cholesterol but high in saturated fat. Choosing foods low in saturated fat and cholesterol is important. This will help you lower your blood cholesterol level. And, this will help prevent heart problems when you get older.

Foods High in Saturated Fat

Fatty cuts of beef, pork, and lamb,
like hamburger and ribs
Butter
Whole milk and cream
Most cheeses
Ice cream
Many cakes, cookies, and pies

Foods High in Cholesterol

Egg yolks
Liver

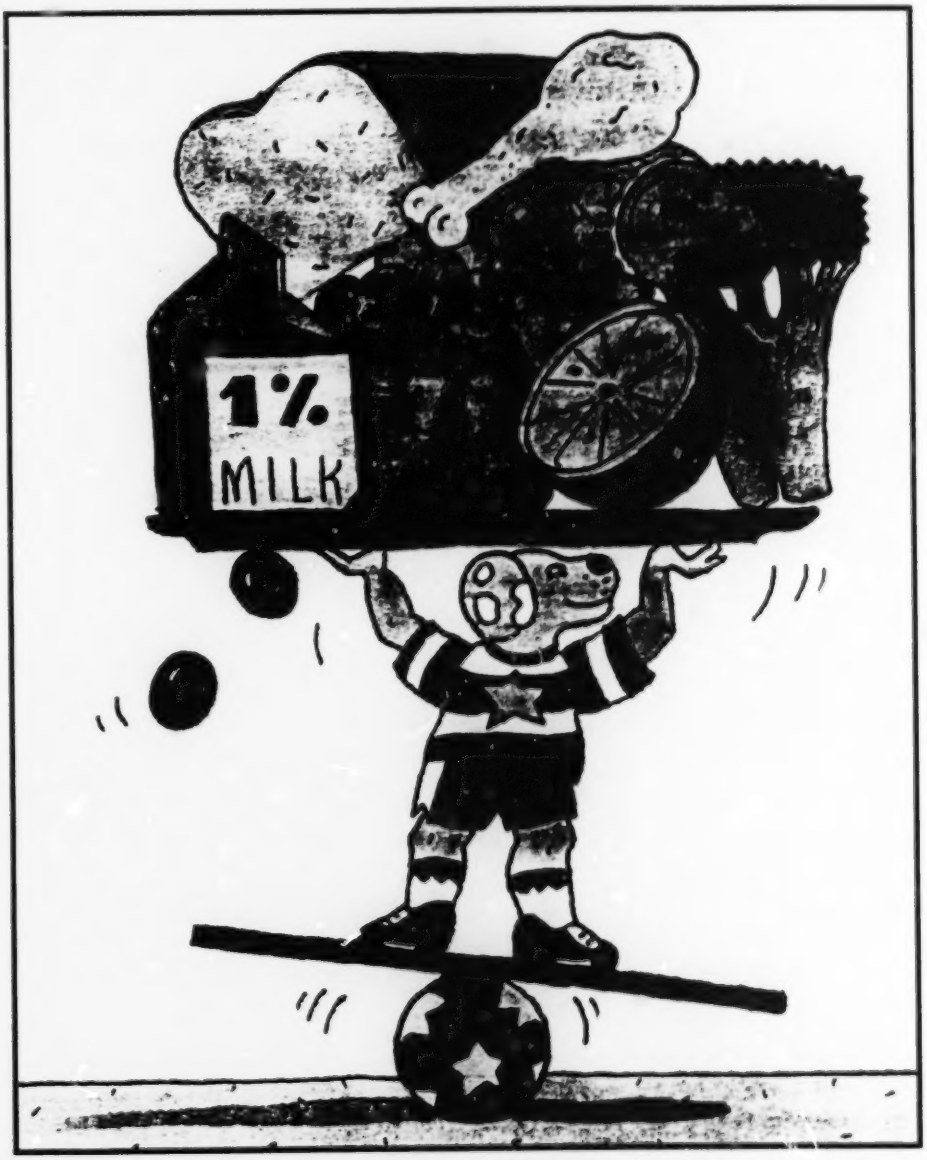
For a healthy heart:

- You can eat right.
- You can get plenty of exercise.
- Do not start smoking.

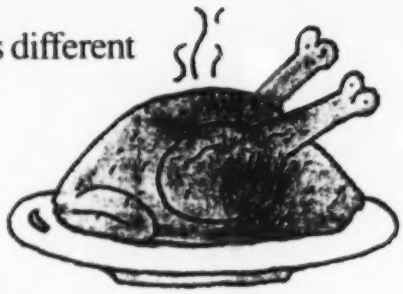
"Diet" means the foods you eat most often.

BUILD A BALANCED DIET

A healthful diet is a balanced diet which is low in saturated fat and cholesterol. A balanced diet has the right amount of calories (KAL-uh-reez) and nutrients (NEW-tree-unts) your body needs. Calories provide you with energy to grow and move around. Fat of any kind provides more calories than any other nutrient. So you have to be careful not to eat too much. Other nutrients found in food are protein, carbohydrate (starch and sugars), vitamins, and minerals.



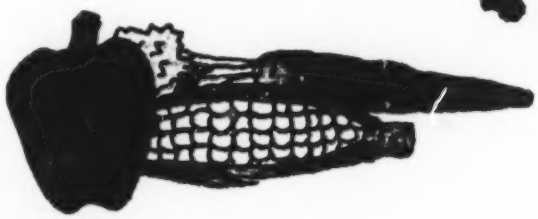
Foods can be put in groups. Each group provides different kinds of nutrients.



♥ Meat, poultry, and fish

♥ Milk and dairy products

♥ Breads, cereals, pasta, rice, dry peas and beans



♥ Vegetables

♥ Fruits

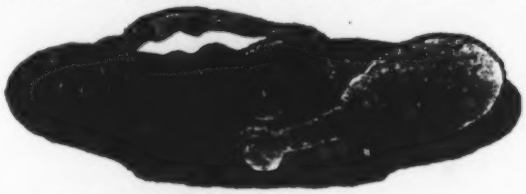
To build a balanced diet:

♥ Eat a variety of foods from each food group.
♥ Choose those foods lower in saturated fat and cholesterol.

Do you know what a balanced diet looks like?

The foods in **A**, **B**, and **C** below are low in saturated fat and cholesterol. Which of these do you think provide **all** the nutrients you need in one day?

A. Toast and skim milk



B. A baked potato and baked chicken leg

C. Lots of spinach

D. None of the above

The answer is **D**. No one food can give you **all** the nutrients your body needs. Even two foods, like those in **A** and **B**, do not give a balance. You need to eat a variety of foods every day.

Building a balanced diet is like putting a puzzle together. The different foods you eat are like the pieces to the puzzle. Each food has different nutrients that you need. All the foods you eat make up the whole picture... your diet.

Picture a balanced diet.

Page 9

Choose

Lean cuts of meat with the fat cut off like round steak and sirloin; extra lean hamburger

Chicken or turkey without the skin

Fish, shellfish like crabs, clams, and scallops

Luncheon meat like turkey ham, turkey, lean ham, lean roast beef, or chicken hot dogs

SHOP TO YOUR HEART'S CONTENT
to choose foods when
you eat away from
foods in the Choose column are
cholesterol. They have green labels.
are higher in saturated fat and
to choose more foods from
Decrease column each day.
When you shop for snacks choose foods low in saturated fat and
cholesterol like those with green labels and listed on page 28.

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Decrease

Fatty cuts of meat like regular hamburger and spareribs

Fried chicken and chicken with the skin

Bacon

Liver or kidney

Luncheon meat like bologna, salami, sausage, and beef hot dogs

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Choose

Skim or 1% milk

Buttermilk

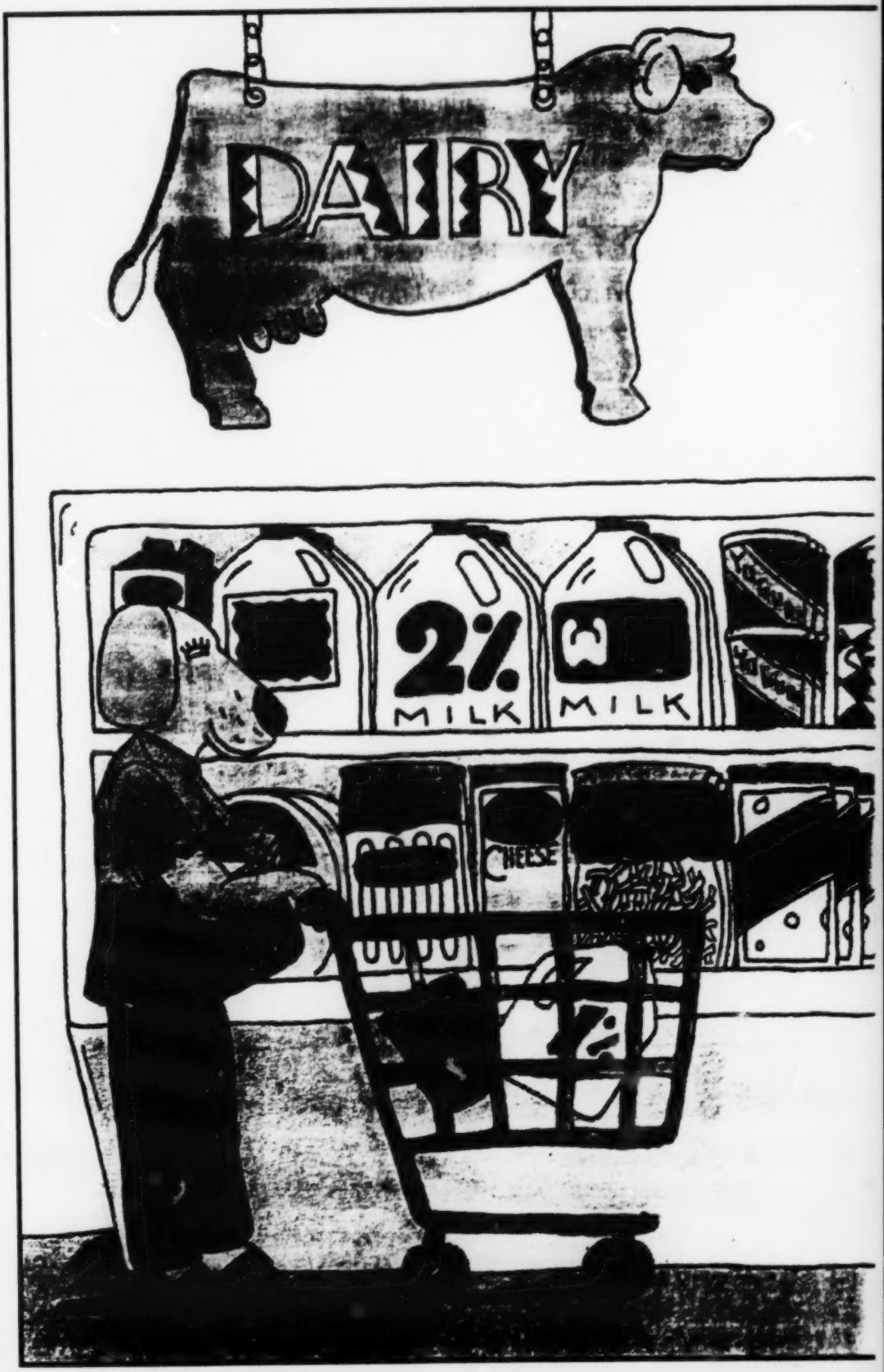
Nonfat or low-fat yogurt

Low-fat cottage cheese

Low-fat cheeses (like low-fat, skim, or part skim milk cheddar or string cheese)

Ice milk

Frozen yogurt



Page 12

Decrease

Whole or 2% milk

Cream

Whole-milk or custard-style yogurt

4% fat (high-fat) cottage cheese

High-fat cheese like American, cream cheese, Swiss

Ice cream

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Choose

Whole-grain bread, like bran, rye, whole wheat

Pita bread, bagels, tortilla shells

Most cereals

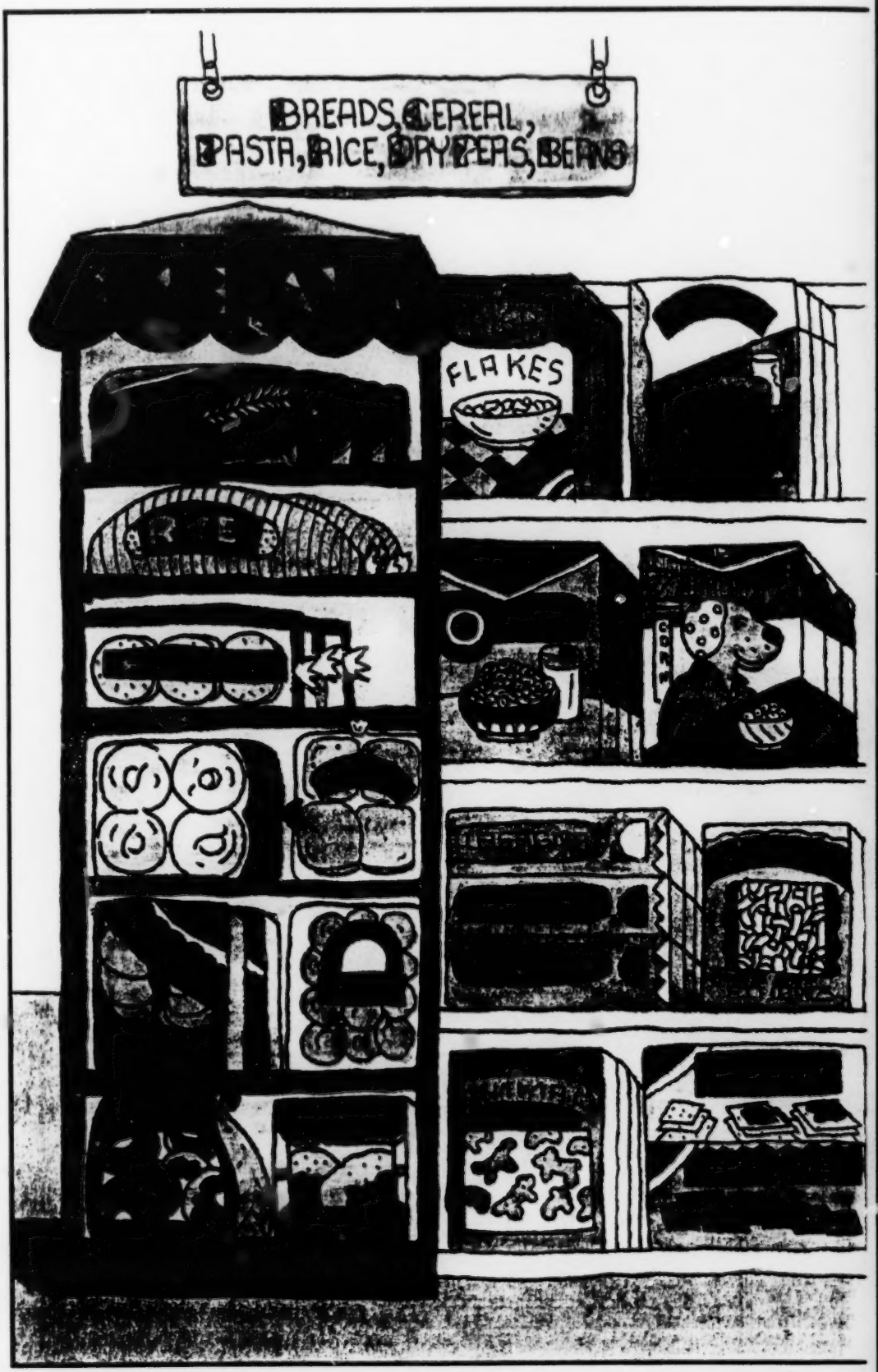
Spaghetti, macaroni, and plain noodles and rice

Animal crackers, graham crackers, pretzels

Homemade breads, muffins, pancakes made with low saturated fat and low cholesterol ingredients

Soup like chicken or beef noodle, tomato, vegetable

Dry peas and beans like kidney or pinto beans, chick peas, lentils



Page 14

Decrease

Butter rolls, croissants

Granola cereal

Egg noodles

Cheese or butter crackers

Store-bought muffins, doughnuts, sweet rolls, Danish pastry, or cookies made with high saturated fat and cholesterol ingredients

Potato or corn chips

Soups made with cream or whole milk

Page 15

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Choose

Fresh, frozen or canned vegetables like:

Tomato or vegetable juice

Carrots

Celery

Cauliflower

Broccoli

Green beans

Lettuce

Tomatoes

Three-bean salad

Decrease

Vegetables cooked with butter, cheese, or cream sauce. Fried vegetables like French fries

Page 16

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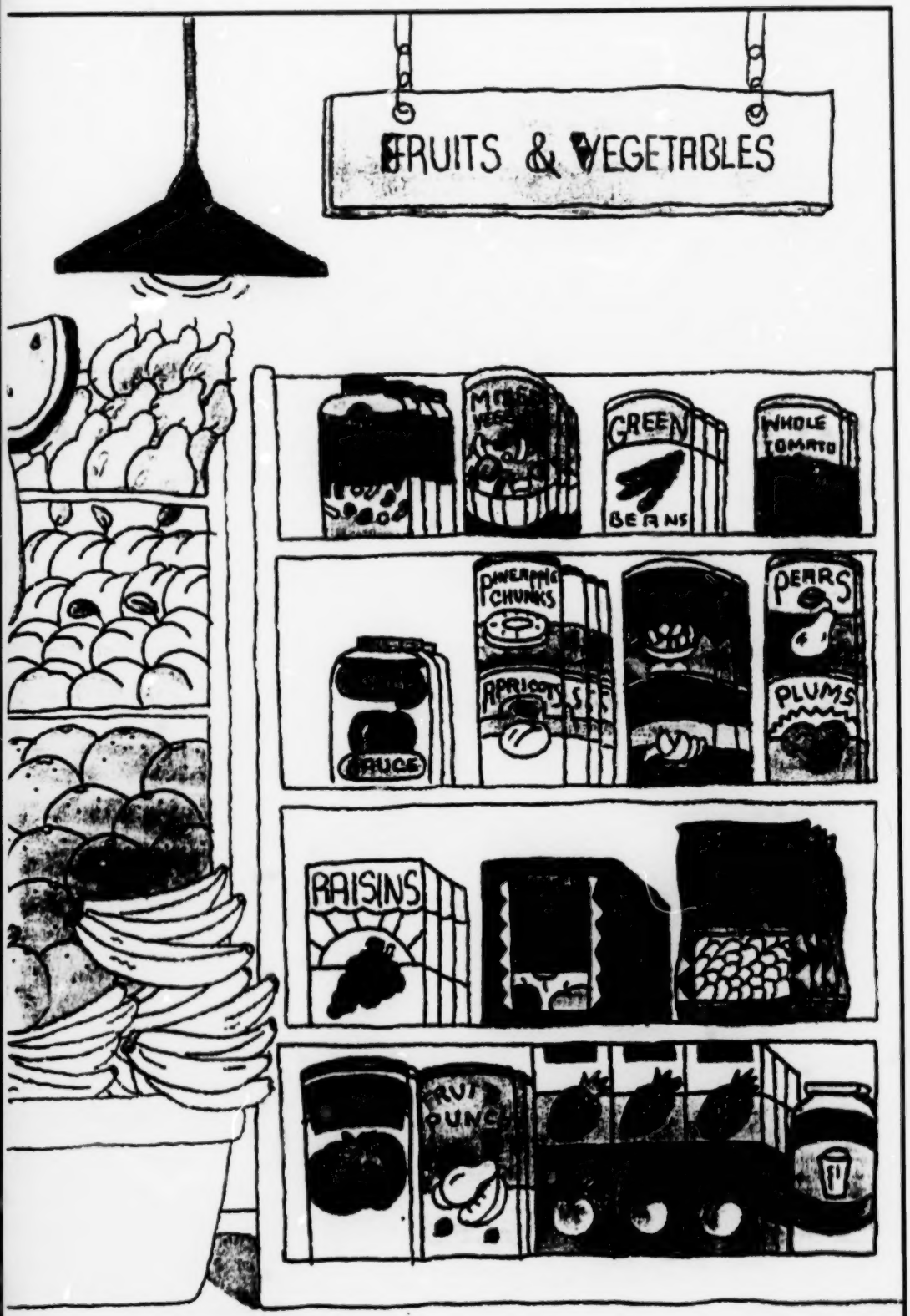


Choose

Fresh, frozen, canned or dried fruits like:

Fruit juice

Apples

Bananas

Fruit cocktail

Cherries

Grapes

Melon

Oranges

Peaches

Pears

Raisins

Decrease

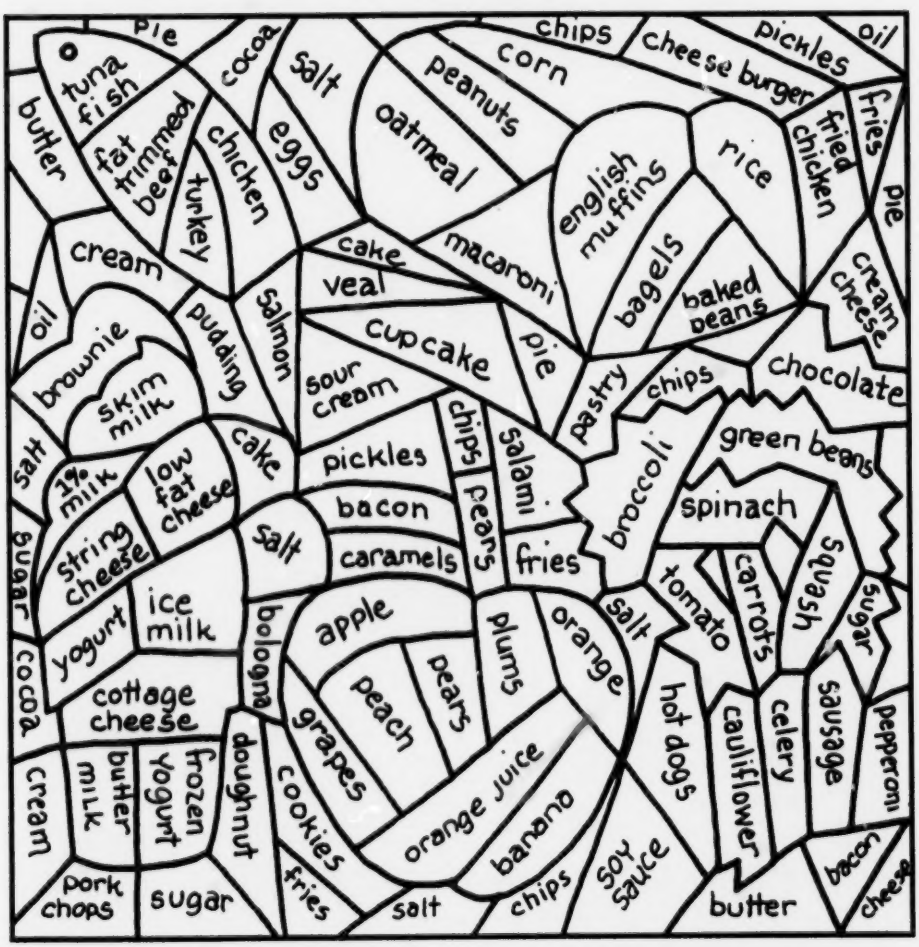
Fruit served with butter or cream sauce, or fried fruit like banana chips

Page 17

Find the food groups. Color the Choose foods.

In the picture you will find foods to **Choose** and foods to **Decrease**. Color only the Choose foods and you will find the food groups. Do not color any Decrease foods.

- Color the Choose foods from the Meat, Poultry and Fish Group blue.
- Color the Choose foods from the Breads, Cereals, Pasta, Rice, Dry Peas and Beans Group brown.
- Color the Choose foods from the Milk and Dairy Products Group yellow.
- Color the Choose foods from the Vegetable Group green.
- Color the Choose foods from the Fruit Group red.



Find the foods...

Find and circle the dairy products low in saturated fat and cholesterol. They include:

SKIM MILK
NONFAT YOGURT
LOW-FAT CHEESE
STRING CHEESE
PART-SKIM CHEESE
ICE MILK
FROZEN YOGURT

They are hidden in the milk carton. Some words are written from top to bottom. Other words are written from bottom to top. Still others are written from left to right.

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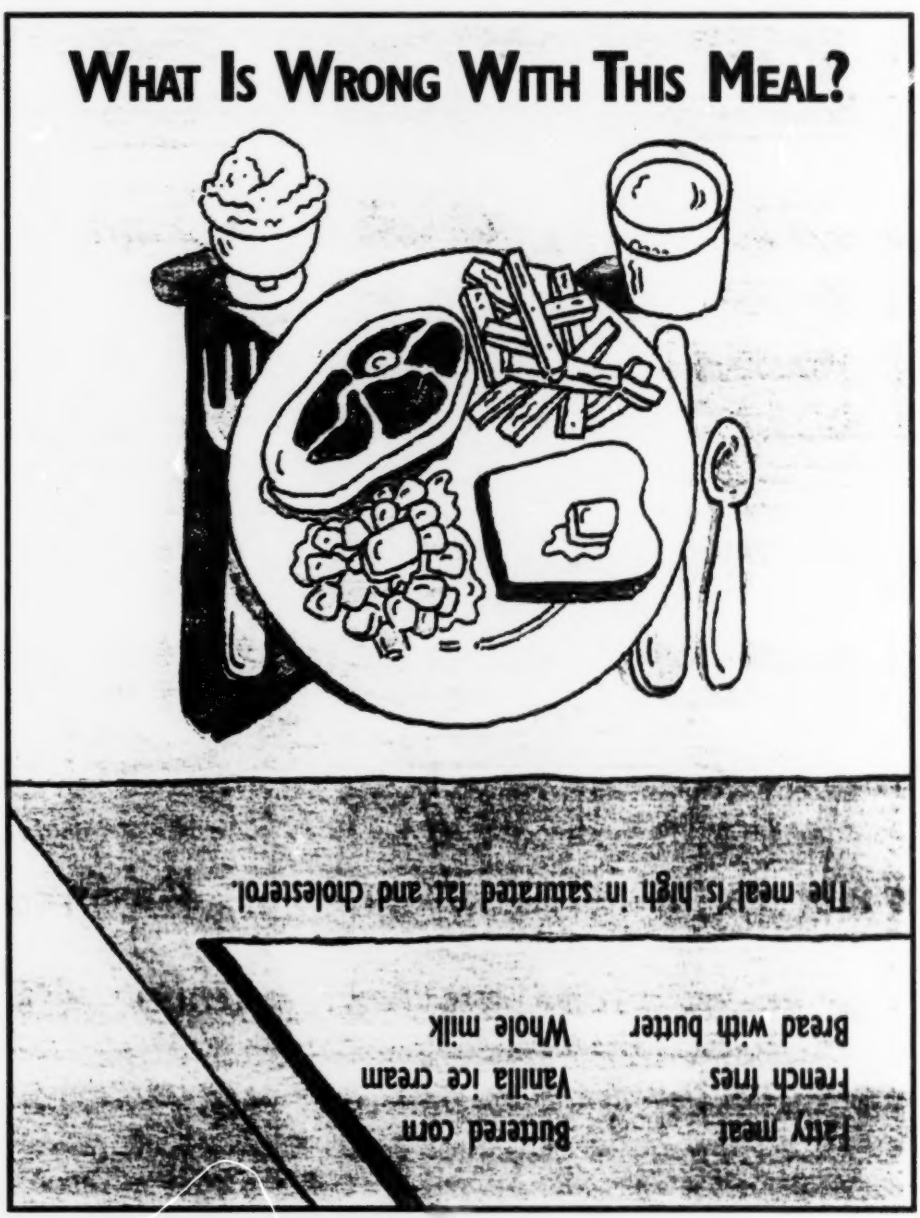
MEAL APPEAL

Planning a meal can be fun. You can choose foods of different colors. Make your plate bright. If you choose something soft, it is nice to have something crunchy too. If you have something hot, something cold would be good to cool your mouth down in between bites. Of course, you want to choose foods from the different food groups that are low in saturated fat and cholesterol. Can you put it all together?

What is wrong...



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What is right...

What Is Right With This Meal?

Lean meat — Skim milk
Baked potato with margarine — Fresh fruit cup
Bread with margarine — Steamed peas and carrots

This meal is lower in saturated fat and cholesterol.

A balanced meal in one... almost!

Many of the meals you eat probably come from one pot. Chicken soup, stew, and tuna casserole are good examples. Pizza and tacos are the same type of meal. These meals mix lots of different foods together. They often come from different food groups. You may need to add only one or two foods to have a balanced meal that contains all of the food groups. Sometimes it is hard to figure out which food groups make up these meals.

Let's look at a taco. You might find a taco shell, lean ground beef, taco sauce, tomatoes, green pepper, onion, lettuce, and shredded part-skim milk cheese.

List the four food groups that these foods in the taco come from.

_____

_____

_____

_____

Did you notice that the only food group missing is the Fruit Group? If you had a glass of juice with your taco or an apple for dessert, your meal would include foods from every group.

Page 22

BREAKFAST - GET READY, GET SET, GO!

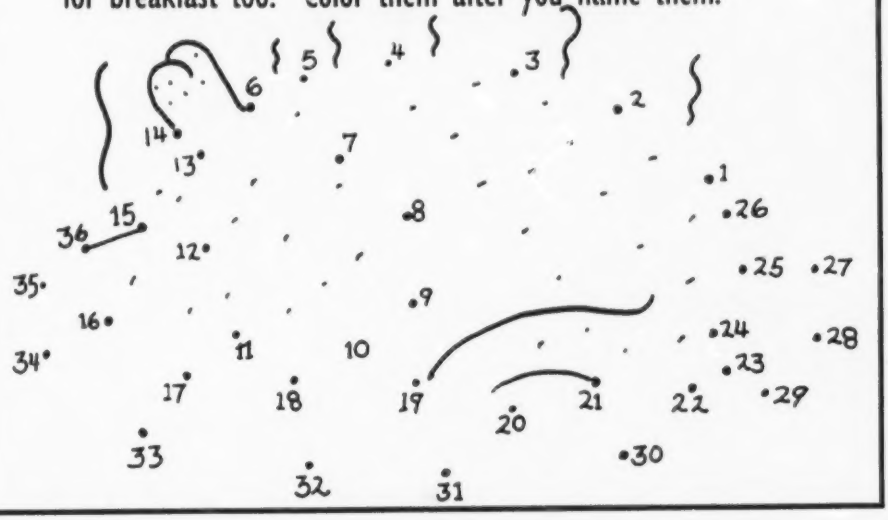
Did you ever think about what the word "breakfast" means? It means you have been fasting—not eating—all night. Now you need to "break" the "fast" and start feeding your body for the big day ahead. Your body needs food to keep going. Breakfast gives you the get up and go to start your school day.

You would be surprised at the breakfasts people eat! Some people eat nothing. But breakfast is so important, you should have something.

Get a good start. Look at the food groups on pages 10-17. What would you pick from the Choose column for breakfast? You do not need foods from all the food groups at breakfast. Cereal, skim milk, and fruit make up a quick low-fat breakfast.

Did you know there are other low-fat choices for breakfast?

Connect the dots to find foods low in saturated fat and cholesterol. Name these foods. You can have these foods for breakfast too. Color them after you name them.



Connect the dots...

B_____

C_____

Page 23

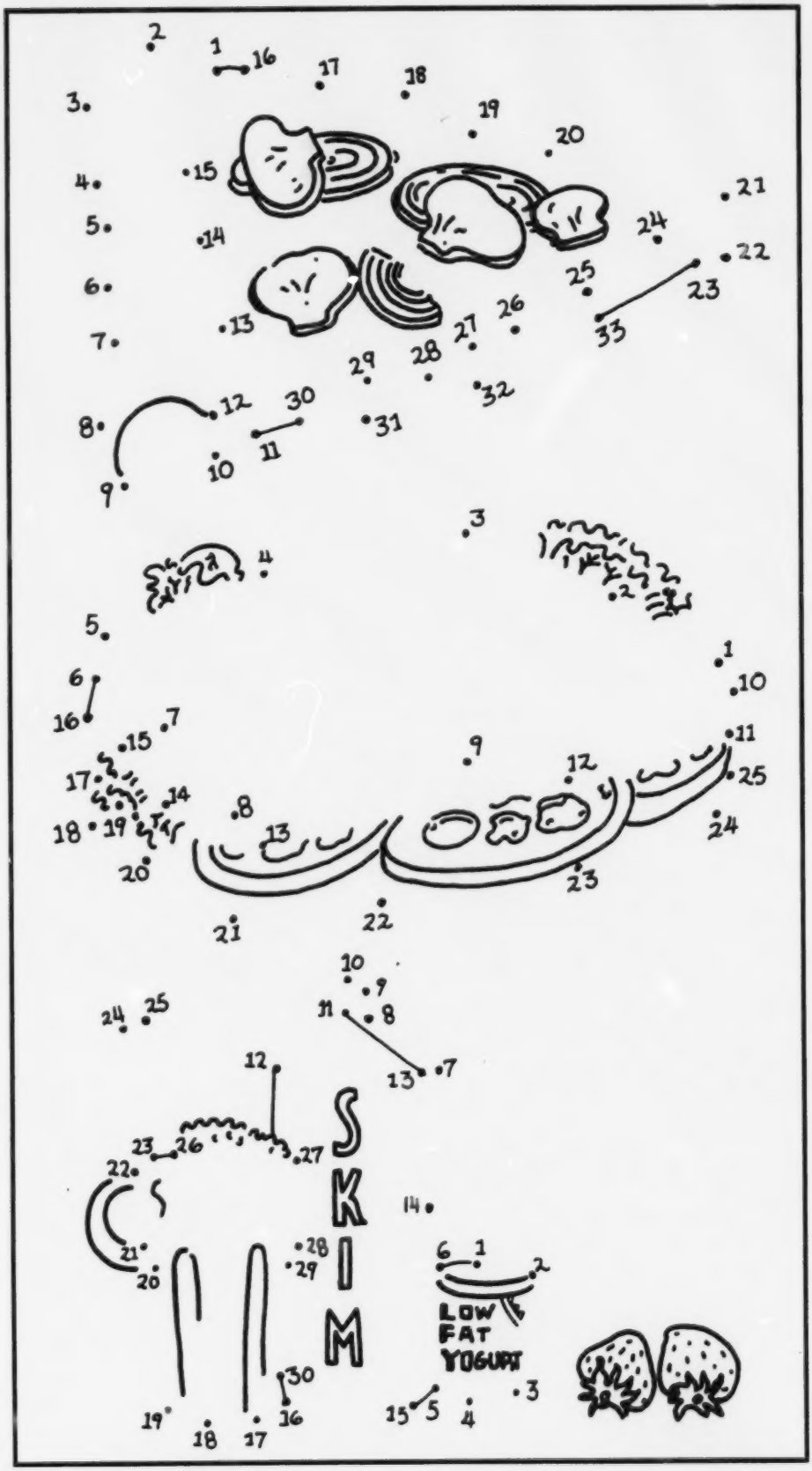
P_____

T_____

S_____

M____

S____



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LUNCH - BAG IT

A heart-healthy lunch helps you keep going at your best for the rest of the day. A bag lunch helps you include your favorite foods that are low in saturated fat and cholesterol.

Lunch is more than a sandwich. There are lots of ways to make bag lunches. Include fruits, vegetables, and something to drink. Take soups, chili, baked beans, or leftover casserole in a thermos. Try skim or 1% milk, other low-fat dairy products, or fruit juice in a thermos too. Ask your mom or dad to put these foods in your lunch bag.

EXTRAS

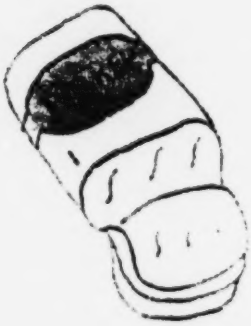
The extras you add to your foods sometimes add saturated fat and cholesterol. For example, do you put butter on your sandwich? Do you pour a lot of creamy dressing on your salad? Do you spread thick cream cheese on your bagel?

Instead you can use extras lower in saturated fat:

- ♥ use margarine instead of butter
- ♥ use low-fat salad dressing
- ♥ use peanut butter instead of regular cream cheese

You can also add flavor to sandwiches with extras like jelly, catsup, mustard, chili sauce, pickles, onion, radishes, sprouts, shredded cabbage or carrots, chopped fruit or celery.

Pack your own bag lunch.



A good lunch has foods, which are low in saturated fat and cholesterol, from many of the food groups. (Look at pages 10-17). Can you make your own bag lunch from the foods in the Choose columns? List the foods below.

_____

_____

_____

_____

_____

_____

Check off each food group that you used.

- ❑ Meat, Poultry, and Fish
- ❑ Breads, Cereals, Pasta, Rice, Dry Peas and Beans
- ❑ Milk and Dairy Products
- ❑ Vegetables
- ❑ Fruits

If you checked them all, great! If not, try to think of something that you might like from the group you missed. And, add it to your list.

Show your parents what you did. Do you have the food at home? If you do, make this lunch for school tomorrow. If you do not, shop for the foods you need. And, make your lunch for the next day.

Page 26

GOT THE MUNCHIES?

Munchies and snacks are part of your life. You may have heard that they are bad. Are they? Well, yes and no.

Yes. They are bad if you stuff yourself with snacks loaded with saturated fat and cholesterol. Some of these snacks are chocolate candy, store-bought cookies, cakes, doughnuts, and ice cream. When you fill up on these snacks, you do not leave room for the other foods you need. If you do eat the other foods you need—plus the snacks—you will probably end up with too much fat, cholesterol, and calories. Too many calories can make you fat.

No. Snacks are okay as long as they do not spoil your meals and you do not eat too many. Make snacks count. You know you need foods from each food group every day. So it makes sense to pick foods that are low in saturated fat and cholesterol. One good snack is skim milk and graham crackers. Can you think of other low-fat foods from the different food groups that you would like for a snack?

Munchies can be high in saturated fat and cholesterol or...

low in saturated fat and cholesterol.

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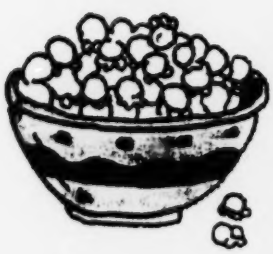
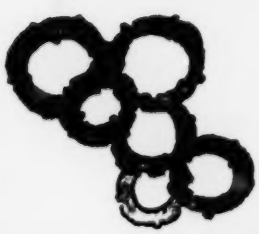
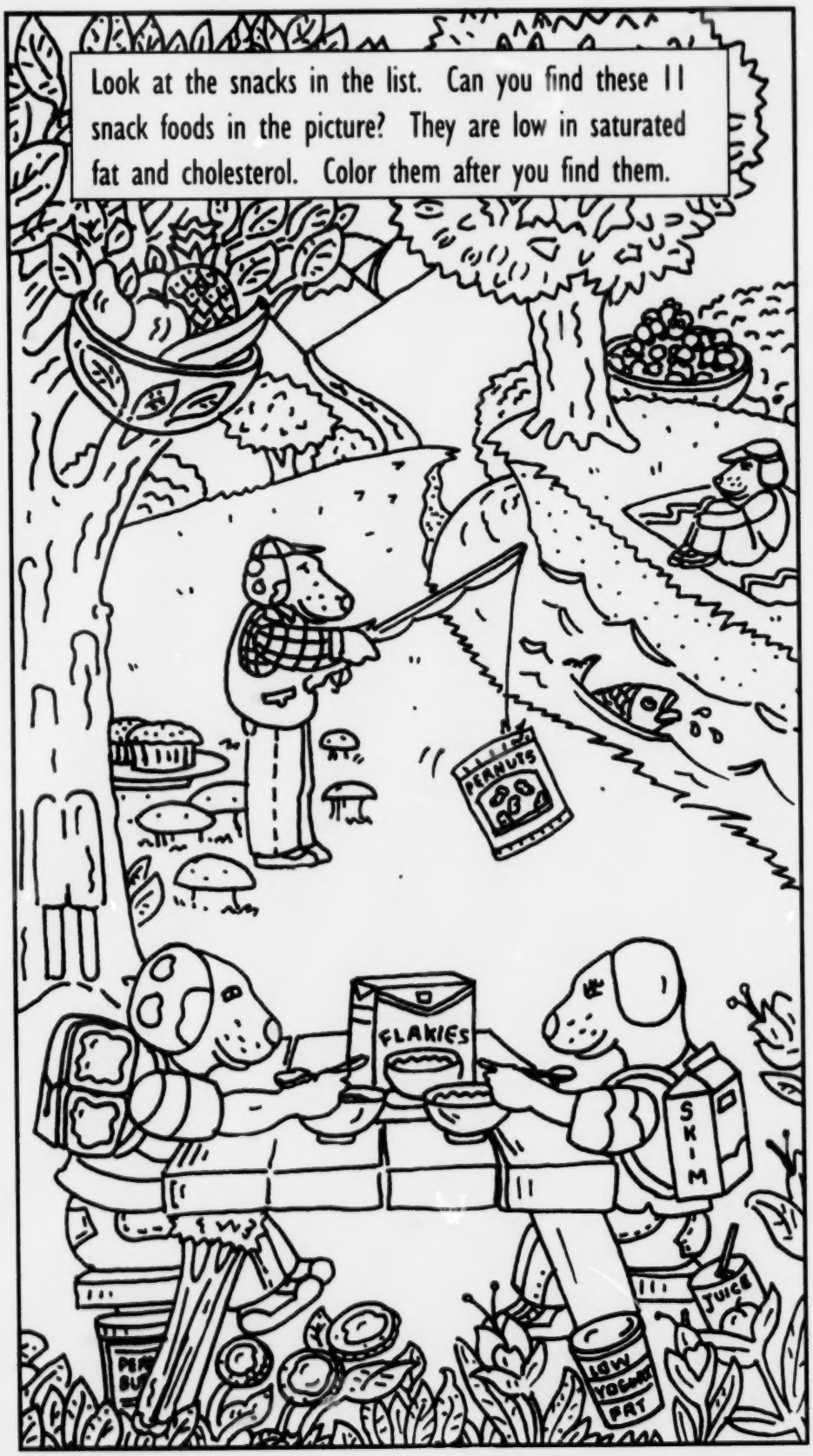




Snacks Like These Are Okay

Fruit juices, drinks, punches
Skim or 1% milk
Frozen desserts like sherbet, sorbet, fruit ice, popsicles, ice milk, frozen yogurt
Flavored low-fat yogurt plain or with fruit
Animal crackers, graham crackers
Homemade cookies, cake, muffins, pudding made with less saturated fat and cholesterol
Gingersnaps, fig bar cookies
Angel food cake
Candy like candy corn, gumdrops, hard candy
Gelatin
Canned, fresh, or dried fruit
Vegetable sticks
Air-popped popcorn
Pretzels
Peanut butter in celery sticks


Look at the snacks in the list. Can you find these 11 snack foods in the picture? They are low in saturated fat and cholesterol. Color them after you find them.
PEANUTS
FLAKIES
SKIM
JUICE
LOW FAT

Find the foods...

- Cold cereal with skim milk
- Toast with jam or jelly
- Popcorn
- Popsicles or fruit slush
- A bowl of fresh fruit
- Flavored low-fat yogurt
- Celery stalk filled with peanut butter
- Peanuts in a shell
- Fruit juice
- Homemade muffin
- Peanut butter spread on crackers

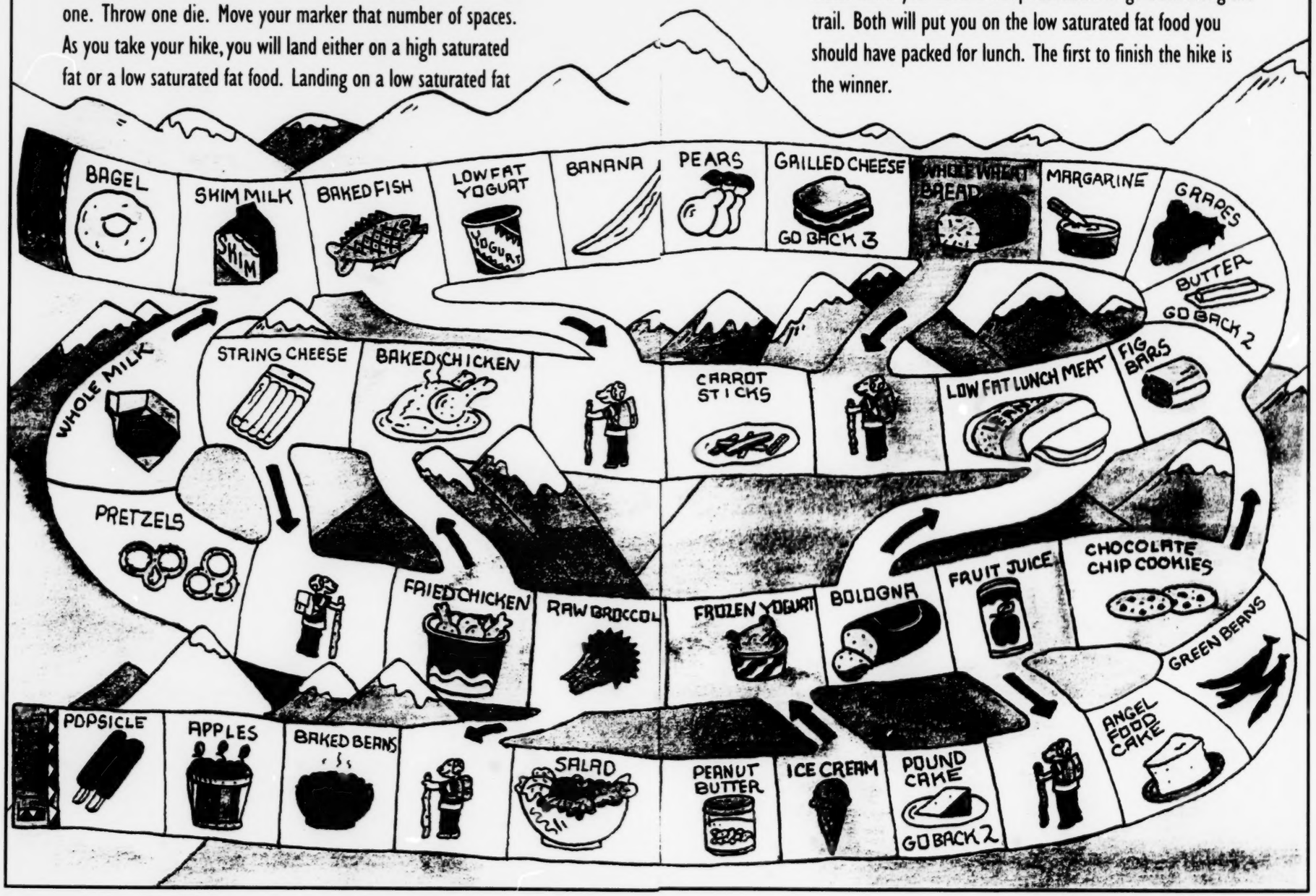
Page 29

Play this game with your friends, brothers and sisters, or mom and dad.

Your family is going on a hike in the mountains. You packed the lunch. Each block is a food you could have packed.

Take a Hike

How to play: Cut out the markers on the next page and choose one. Throw one die. Move your marker that number of spaces. As you take your hike, you will land either on a high saturated fat or a low saturated fat food. Landing on a low saturated fat food will sometimes move you ahead faster as you ride rapids down the mountain. Landing on a high saturated fat food will either make you climb a steep mountain or go back along the trail. Both will put you on the low saturated fat food you should have packed for lunch. The first to finish the hike is the winner.



Markers

(Cut out)

Exercise is good for you and your heart.

GET MOVING - FAST

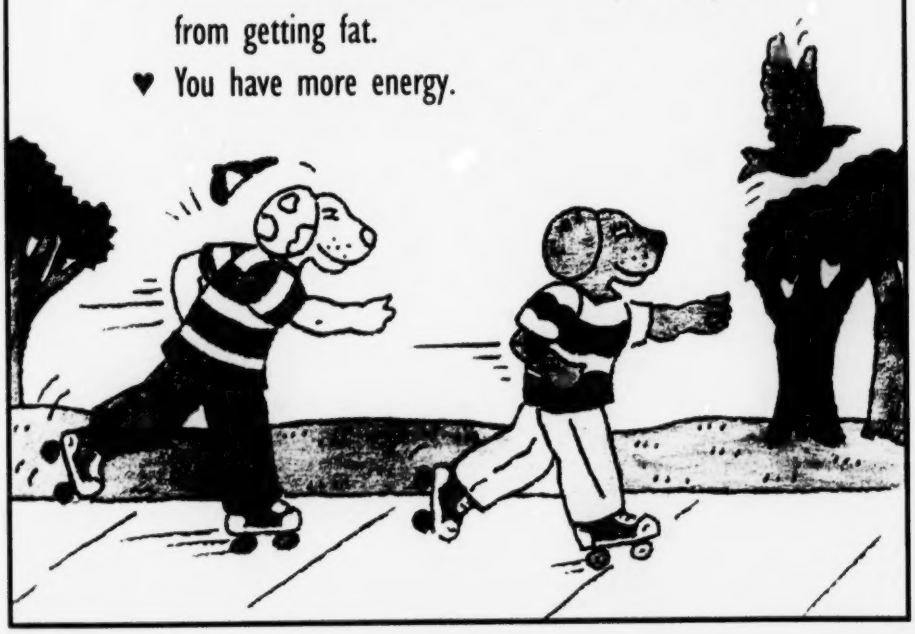
Can you run for a bus without huffing and puffing?

Exercise is good for you and your heart. Your heart, like every other muscle, gets stronger with exercise. The right kind of exercise will help you and your heart become more fit. The more fit your heart is, the better it works. The more fit you are, the longer you can exercise without getting tired. You will be able to run for the bus without huffing and puffing.

Exercise is fun for everyone. There are all kinds of exercises you can do. You can enjoy exercise by yourself, with a friend, or your family. Find what is right for you.

THE GOOD THINGS EXERCISE DOES FOR YOU

- ♥ Your heart gets strong because it gets a good workout.
- ♥ Your muscles look and feel firm and work better.
- ♥ You can breathe easier.
- ♥ You burn off calories which will help keep you from getting fat.
- ♥ You have more energy.



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These Exercises Are Good for Your Heart

Fast walking	Running
Soccer	Basketball
Swimming	Jumping rope
Dancing	Skipping
Skating	Kickball
Frisbee ®	Skiing
Hockey	Rowing
Hiking	Bicycling
Tennis	Handball

The letters in some of the exercises listed above are now all mixed up. Can you write the word the way it should be?

mniwgims _____

creocs _____

gpsnpkii _____

cdainng _____

sfta likngaw _____

pmjungi proe _____

kistnga _____

nugnnri _____

ksabtelbal _____

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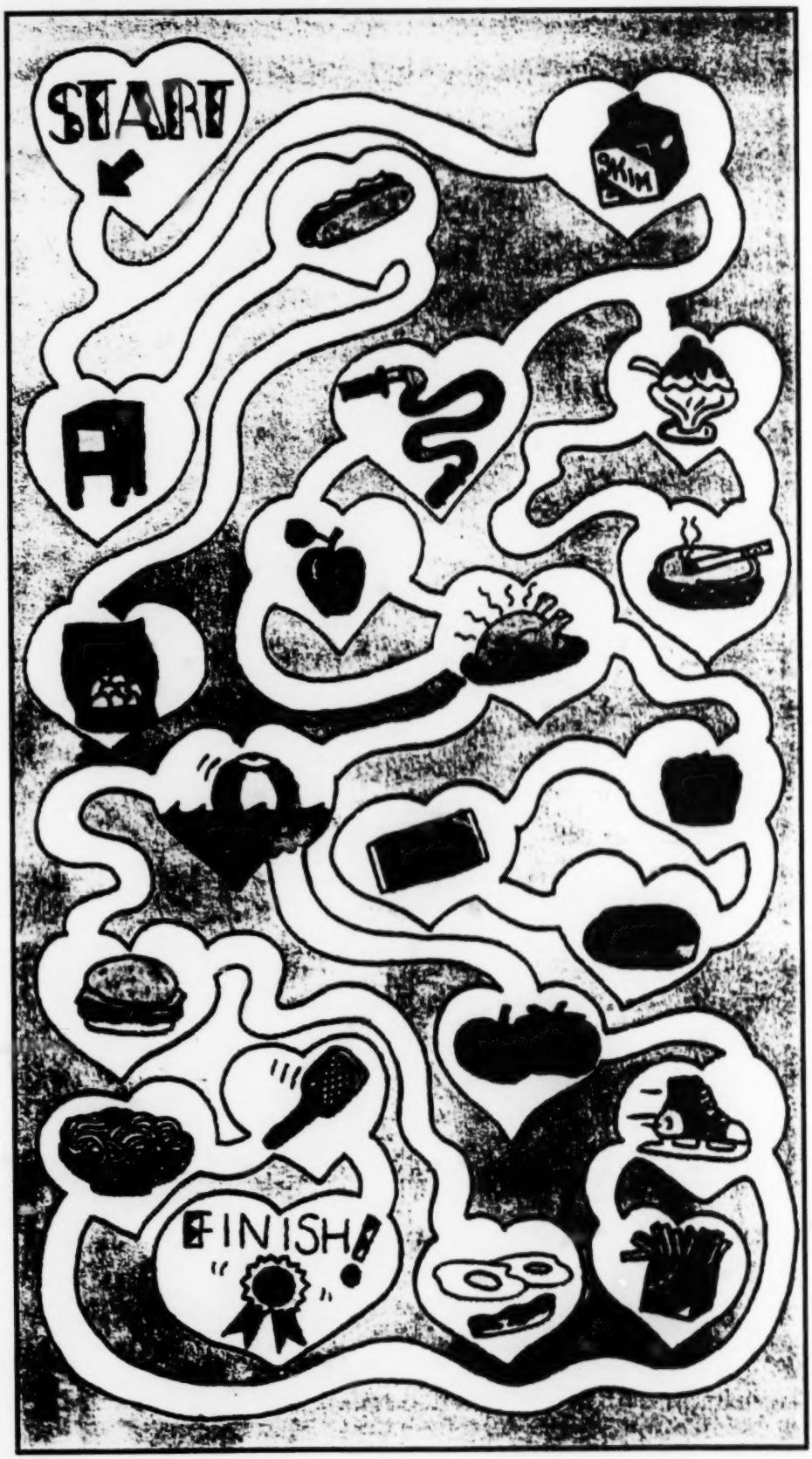
Find your way to a healthy heart...

- ♥Eat right.
- ♥Get plenty of exercise.
- ♥Don't smoke.



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HELP YOUR FAMILY LIVE THE HEART-HEALTHY WAY

To feel good and stay healthy, you need to eat right and get plenty of exercise. Eating foods low in saturated fat and cholesterol is important to keep your heart healthy. In fact, everyone in your family should eat this way and exercise. You can help them make the right choices. They can help you too.

You can get booklets for your parents and older brothers and sisters. They can learn more about high blood cholesterol and heart disease just like you did. To order booklets write to:

National Cholesterol Education Program
NHLBI Information Center
P.O. Box 30105
Bethesda, Maryland 20824-0105

My Blood Cholesterol Level

If your blood cholesterol level is high, your doctor will measure it again. Keep track of your level on the chart below. Your mom and dad can also keep track of their cholesterol levels. Watch it go down when you eat right and get plenty of exercise. Take care of yourself—lead a heart-healthy life.

For example...

July 21, 1992	200

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